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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Thursday, December 4, 2025

Chakras

Want your Kundalini to rise to each chakra? The below images guide you on how to keep the chakras balanced. The lower chakras have to be balanced before the higher chakras balance. It is all about consciousness and energy. Get in a state of consciousness aligned with each chakra, then embody each chakra's qualities in daily service to others actions. Namaste ❤🙏

I HAVE EVERYTHING I NEED · I AM ROOTED · I AM SAFE · I AM GROUNDED · I AM IN CONTROL · I AM AT PEACE
Root Chakra
The red root chakra is located at the base of your spine and is all about your roots, your history, survival, and the material world. When this chakra is activated, you feel connected to the earth, safe, grounded, and in control. All other chakras depend on this one: all good things come from a solid foundation.
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About Me

Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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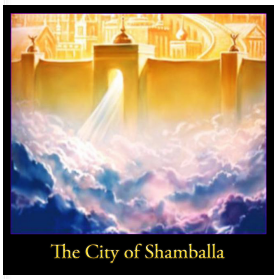

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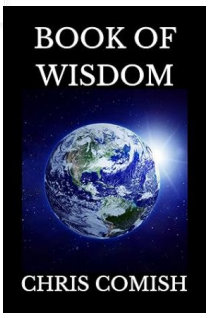

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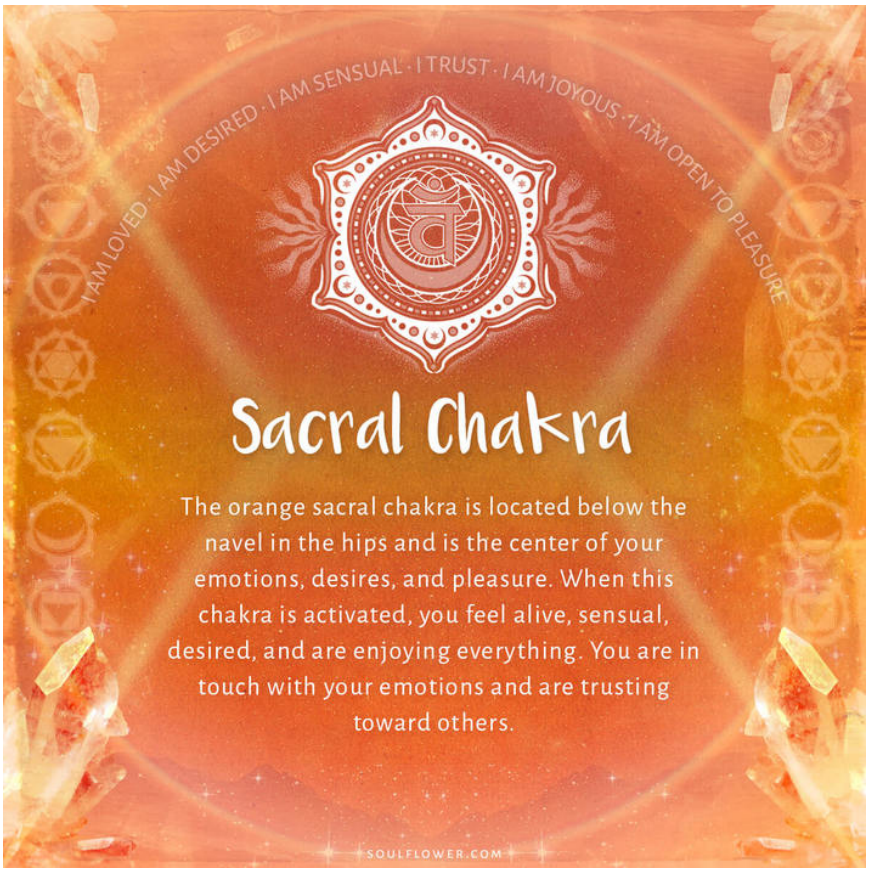
I AM LOVED · I AM DESIRED · I AM SENSUAL · I TRUST · I AM JOYOUS · I AM OPEN TO PLEASURE
Sacral Chakra
The orange sacral chakra is located below the navel in the hips and is the center of your emotions, desires, and pleasure. When this chakra is activated, you feel alive, sensual, desired, and are enjoying everything. You are in touch with your emotions and are trusting toward others.
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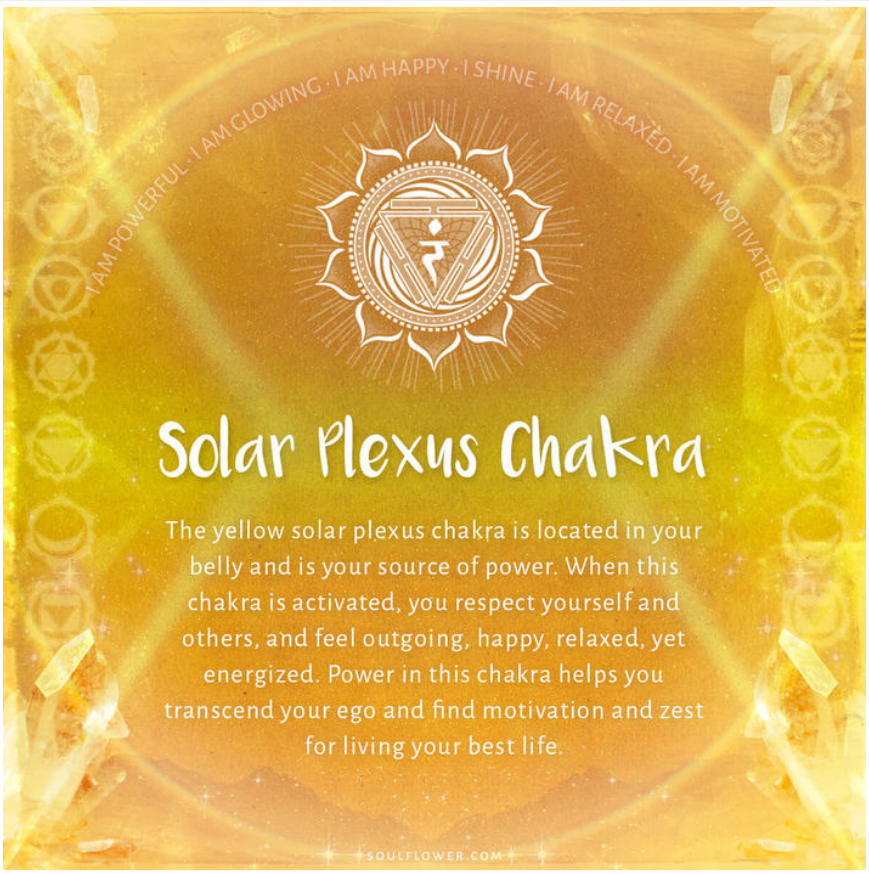
I AM POWERFUL · I AM GLOWING · I AM HAPPY · I SHINE · I AM RELAXED · I AM MOTIVATED
Solar Plexus Chakra
The yellow solar plexus chakra is located in your belly and is your source of power. When this chakra is activated, you respect yourself and others, and feel outgoing, happy, relaxed, yet energized. Power in this chakra helps you transcend your ego and find motivation and zest for living your best life.
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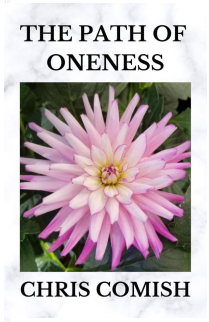

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I AM LOVED · I AM COMPASSIONATE · I LOVE UNCONDITIONALLY · I AM EXPANDED · I AM SOFT
Heart Chakra
The green heart chakra is located at your heart center and is the balanced, compassionate center of your being. When this chakra is activated, you feel friendly, outgoing, and connect easily with yourself and others. You practice unconditional love, empathy, and nurture your relationships.
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I EXPRESS MYSELF · I COMMUNICATE · I LISTEN TO THE SOUND OF MY BREATH · MY SONG RISES
Throat Chakra
The blue throat chakra is all about self-expression and finding your voice. When this chakra is balanced, you feel empowered to speak your truth and communicate with others. You may be inspired to make noise: with your breath, in song, or by expressing yourself through writing.
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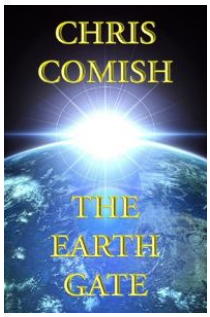

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I AM LIMITLESS · MY MIND IS STEADY · I AM FOCUSED · I AM FEARLESS · I AM INTUITIVE
Third Eye Chakra
The indigo third eye chakra is located at the center of your forehead (at the brow) and is all about inner vision, insight, imagination, and clarity of thoughts. When this chakra is activated, you feel focused and steady. You may feel as though you're seeing everything from a higher perspective: beyond ego and petty worries or fears. You may experience glimpses of past lives, have lucid dreams, or feel in touch with a "sixth sense" of perception beyond explanation.
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I AM AWAKE · I AM AWARE · I AM CONNECTED TO THE DIVINE · I AM PURE CONSCIOUSNESS
Crown Chakra
The violet crown chakra is located at the top of your head and is all about consciousness. It's important to work on the other six chakras first before this one, as the energy here is supplied by the others. When the crown chakra is activated, you've found your soul's purpose. You feel enlightened, knowing we are all connected and everything is love. There is no limit to your bliss and you are in complete control of your mind.
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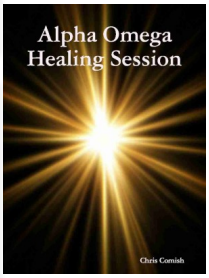

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Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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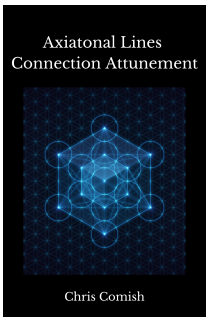

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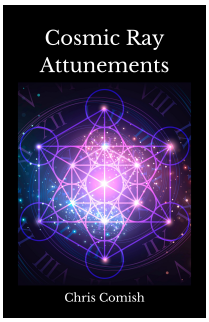

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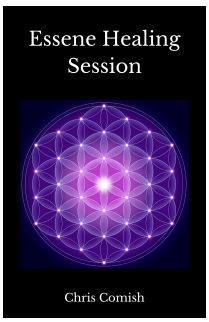

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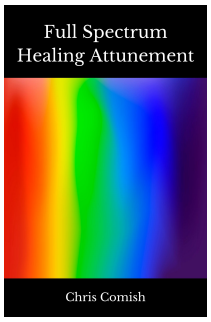

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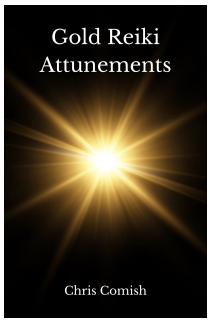

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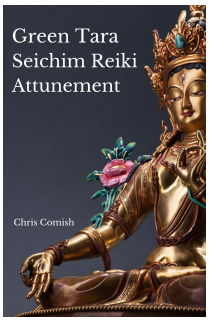

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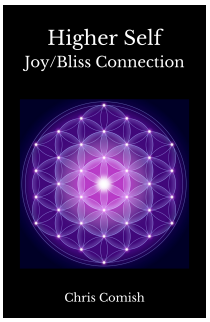

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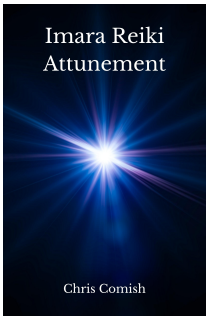

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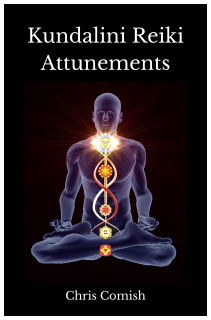

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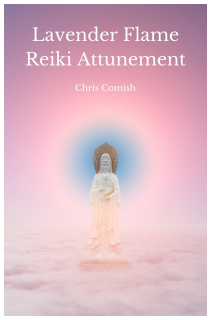

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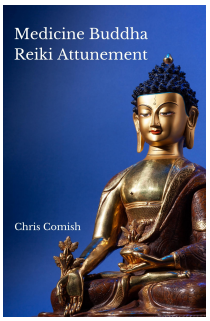

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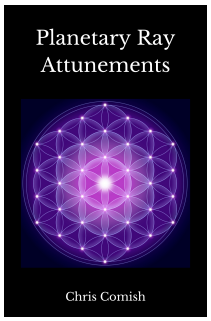

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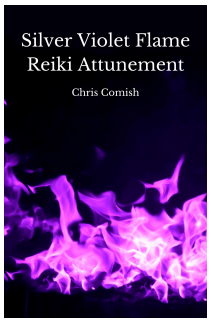

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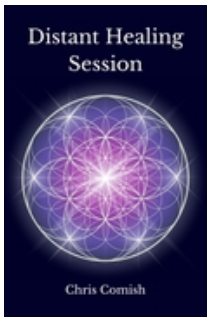

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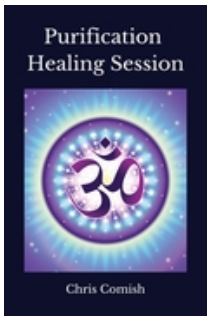

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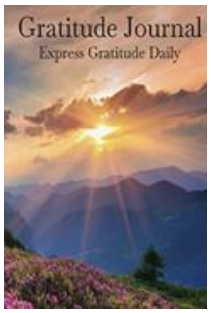

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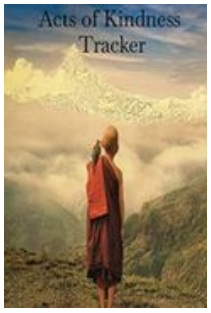

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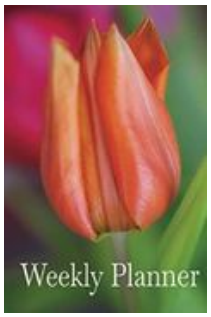

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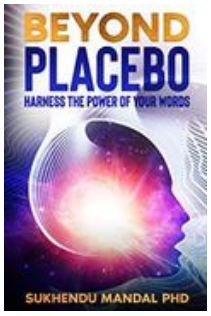

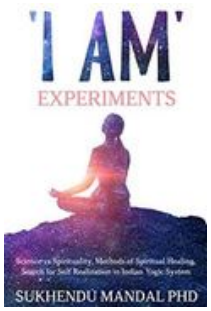

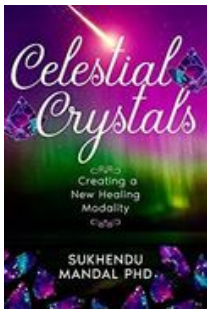

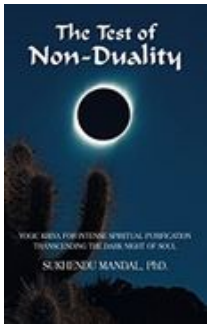

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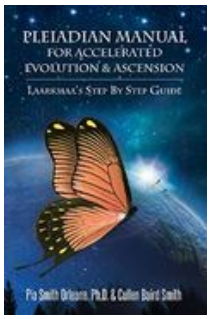

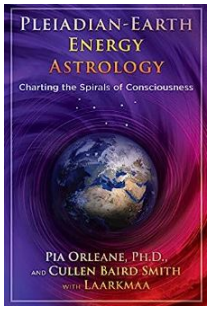
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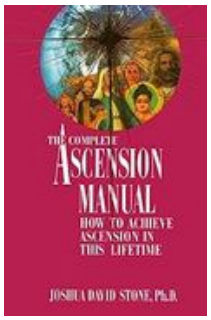
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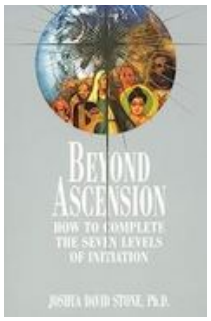
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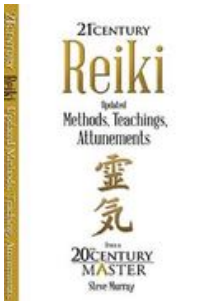
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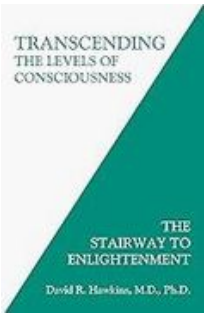
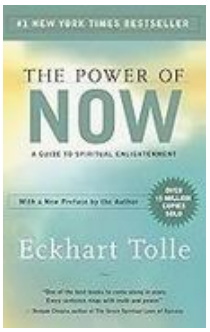
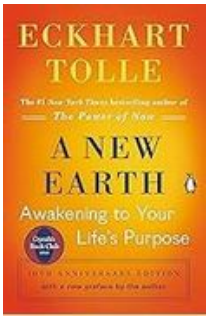
20TH CENTURY
MASTER
Steve Murray

David R. Hawkins, M.D., Ph.D.
POWER
VS.
FORCE
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition


TRANSCENDING
THE LEVELS OF
CONSCIOUSNESS
THE
STAIRWAY TO
ENLIGHTENMENT
David R. Hawkins, M.D., Ph.D.


#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle


ECKHART
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A NEW
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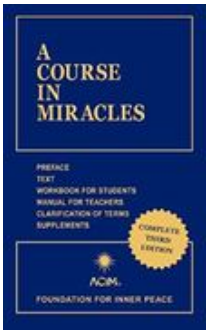
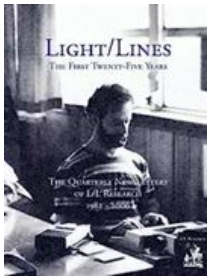
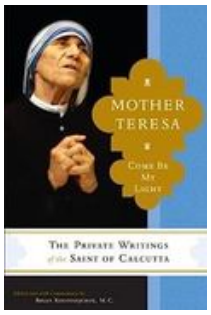
Awakening to Your
Life's Purpose

The
Jeshua

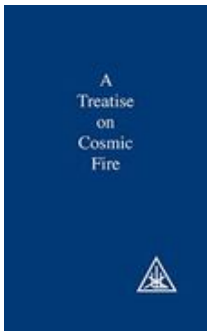

A
COURSE
IN
MIRACLES
PREFACE
TEXT
WORKBOOK FOR STUDENTS
MANUAL FOR TEACHERS
CLARIFICATION OF TERMS
SUPPLEMENTS
ACIM.
FOUNDATION FOR INNER PEACE

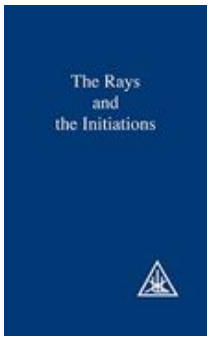

LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

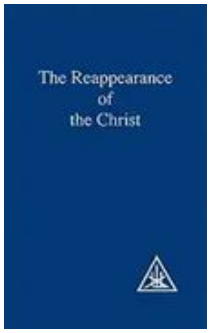
THE GENE KEYS
Embracing your higher purpose


MOTHER TERESA
COME BE MY LIGHT
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

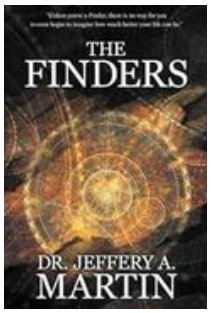
Initiation
Human and Solar


A
Treatise
on
Cosmic
Fire


The Rays
and
the Initiations


The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy


THE
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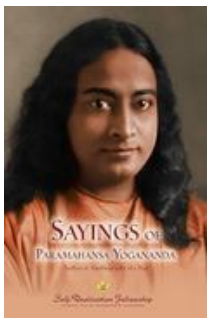
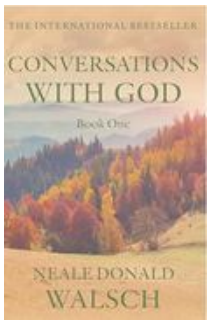
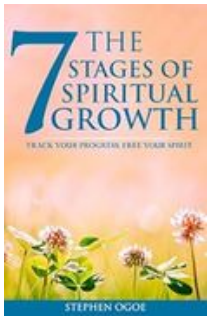
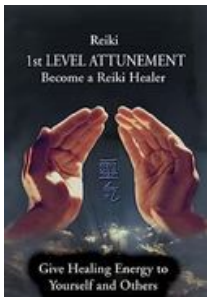
DR. JEFFERY A.
MARTIN

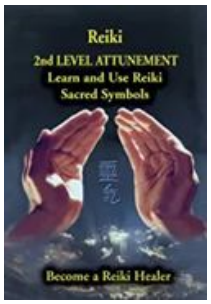

SAYINGS OF
PARAMAHANSA YOGANANDA

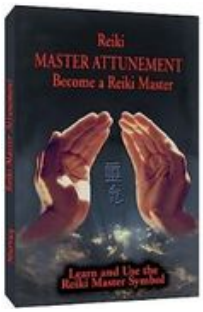

THE INTERNATIONAL BESTSELLER
CONVERSATIONS
WITH GOD
Book One
NEALE DONALD
WALSCH

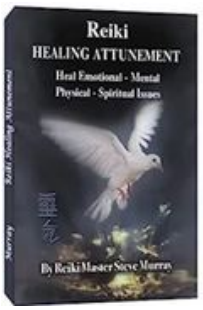


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

STO Journal 12-6-25

Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

12-2-25 STO Journal

Chakras

Ascension

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Labels

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- afterlife
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- ascended masters
- ascension
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- chris comish
- city of shamballa
- conscious
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- trees
- two thousand and twelve
- ufo
- unconditional love
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- void
- vow
- winter solstice
- wisdom

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